Appomattox County Library

By Verna Conner

Have you read "Centennial" by James Michener? If not, it is a must in your reading future. It deals with the North American West, especially Colorado -- from prehistory to the present. It has 909 pages, so don't tackle it in a day, a week or even two weeks if one is a slow reader. Someone said that Michener always led one to think his books would be dull but after reading the first few pages they got more and more interesting. This novel is based solidly on the facts of history but is told in such an entertaining way that one almost lives with the characters.

The following new books have just come in: **The Wallaces of Alabama** by George Wallace Jr., **Crocodile on the Sandbank** by Elizabeth Peters, **Madame Serpent** by Jean Plaidy, **The White Rose of the Sea** by Phillipa Carr, **Next of Kin** by Gladys Carroll, **For the Defense** by Lee Bailey, **Spindrift** by Phyllis Whitney, **The Stonewall Brigade** by Frank Slaughter, **The Money Changer** by Arthur Hailey, **Glory and the Lightning** by Taylor Caldwell.

Also the following new books for children: **Georgie Goes West** by Robert Bright, **The Baby Elephant's Day** by Alice Wellman, **The Electric Radish and Other Jokes** by Susan Thorndike, **Merle, the High Flying Squirrel** by Bill Peet, **The Runaway Roller Skate** by John Lord, **The Greentail Mouse** by Leo Lionni, **Do Bears Have Mothers, Too** by Aileen Fisher, **Benjy's Dog House** by Margaret Graham.

Don't forget -- the Library will be closed for the 4th of July so get your books early for the week end.

Cindy Guill

Elected State 4-H Vice-President

Cindy Guill, a 1975 graduate of Appomattox County High School, was elected vice-president representing all the 4-H'ers in the state of Virginia.

Cindy and 15 other 4-H'ers from Appomattox left Monday morning for a busy week, June 23-27, at the Virginia 4-H State Congress which was held at VPI & SU, Blacksburg, Va.

Cindy has been an active member of 4-H for nine years. She is a member of the Appomattox Community Senior 4-H Club. Cindy has participated in the 4-H Public Speaking and Share-The-Fun, and has been District winner and placed among the top in state competition.

Cindy is a member of the singing group "The Cloverettes" which won a scholarship to 4-H State Congress by winning First place in District competition. While at State Congress "The Cloverettes" performed and competed for first place in state competition along with approximately 65 other performers. The group was successful in the 1975 Share-The-Fun Program on Thursday evening, and won first place in the General Category. The Cloverettes received AM-FM Radios and the honor of representing various Share-The-Fun acts throughout the state.

At the start of the week Cindy heard that tryouts would be held for the Mistress of Ceremonies for the Share-The-Fun evening Program. A total of 25 young people, boys and girls tried out. At the end of tryouts it was announced Regina Ellis from Gloucester, and Cindy Guill from Appomattox, would be the 1975 4-H Mistresses of Ceremonies.

Cindy felt that the thought of winning the M-C tryouts was "GREAT", but what she also enjoyed was meeting and working with Mr. Stan Kingma, Director of the New Virginians, who was directing the 1975 4-H Share-The-Fun Program.

The week was a very busy but enjoyable one for all 4-H'ers. While running for the office of Vice-President Cindy had to deliver many speeches and campaign for her Election. She was very successful in all her elections. Wednesday evening at the assembly Cindy and two other delegates (who were MEN) and also running for the office of Vice-President, were ready to deliver their speeches for the 4-H State Congress. Voting took place Thursday morning. Delegates to the 1975 Congress Officers are as follows: Dennis Napier, Albemarle, President; Cindy Guill, Appomattox, Vice-President; Van Midgett, Hampton, Secretary; Kelvin Wells, Greensville, Parliamentarian.

Cindy is very excited about winning the election, she says.

Military Retirees and Disabled Veterans in Central Virginia

Dear Retiree:

1. Greetings from the Steering Commitee of the MRA! We are in the process of organizing a Military Retiree Association in the central Virginia area. We have prepared this newsletter to brief you, as a retiree in our geographical area, on the purpose and goals of this projected organizaiton. We aim:

a. To have a strong voice in legislative matters, concerning military retirees (both at the state and national level);

b. to assist in the dissemination of information pertaining to rights, benefits, and privileges to which you, your dependents, or survivors may be entitled by virtue of your military service;

c. to strive to retain such rights and benefits which we rightfully earned and which were granted or promised to us while on active service;

d. to guard and protect ourselves against political forces and private interests who fail to understand the particular situation of the military retirees and disabled veterans;

e. to promote support and understanding in our local community.

2. We solicit your support, your ideas, your suggestions and your recommendations. We plan to have an educational presentation (time and place to be announced at a later date) concerning the Champus Program and VA benefits. Wives will be welcomed to this event.

3. Additional programs will be planned for the interest of all concerned once we are able to evaluate the degree of interest on the projected events. We hope to attract our congressional representatives and state delegates to come and "rap" with us.

4. We encourage you to join us in this common effort. There are no membership fees or charges planned. However, you may have a chance to make small contributions for coffee and postage service. The Central Virginia Community College has graciously offered their facilities in support of our effort. We certainly appreciate this gesture.

5. We do not have the names and addresses of all of those retirees and disabled veterans who might be interested in joining and supporting us. Will you please help us by writing a line with any comments or names and addresses of friends who would be eligible for membership?

You may write c/o:
Veterans Affairs Office
Central Virginia Community College
Lynchburg, VA 24502
Telephone 239-0321 ext. 271

Again, we encourage you to write or to call or visit the Office of Veterans Affairs at Central Virginia Community College.

Allen L. Carmody
Chrm., Membership Committee
U. S. Navy Retired

Awards Presented By Jaycees

At their meeting on Thursday night, June 26, the Jaycees of Appomattox County presented awards to members and guests.

Receiving awards, left to right, were Vernon Racer-Certificate of Appreciation; Danny Simpson - Jaycee of Quarter; Tommy Ford - Jaycee of Quarter; Addison Elder - Jaycee of Quarter; Lloyd Vaughan - Distinguished Service Award; Tom Shupe - Outstanding Jaycee; Greg Jones - Certificate of Appreciation; Bobby Stewart - Certificate of Appreciation; Raymond Mullins - Outstanding First Year Jaycee; and Cecil Nash - Keyman. Receiving awards but not present for photo were Jim Webb - Chairman of the Year; and Lewis Bryant - Jaycee of Quarter.

"I have never seen friendship and strong work pour out from the hearts of our 15 4-H'ers from Appomattox that went to Congress and helped me keep going forward to win the office of Vice-President. They all are GREAT4-H really gives a young person the opportunity to grow, live, learn, and appreciate the value of 4-H in their individual lives. I want to say a big thank you to these 4-H'ers, East Central District, and the entire 4-H State Congress. Also, I probably would not have even stayed in 4-H for nine years had it not been for the many wonderful Extension Agents we have here in Appomattox: Mr. Frank Sweet, Mr. Cornell Goldman, and Mrs. Shirley Walton and others. Without their help and guidance I would never have been this successful in 4-H. Also, I want to thank my family members and friends who went up Thursday night to see the Cloverettes and me; Mrs. Hazel Guill, Mr. L. M. Thomas, Mrs. Rosa Mae Abbitt, Mrs. Vivian Caldwell, Mrs. Madeline Thomas, Mr. and Mrs. Frank Sweet, Mrs. R. B. Parris and Susan. Thank you all for your support and interest in the 4-H Program."

Cindy is the daughter of Mrs. Hazel Guill of Appomattox.

Chestnut Grove

The Chestnut Grove Baptist Church of Appomattox, held a service at 7:30 p.m. on Sunday for the benefit of the building fund. The Rev. K. W. Davis carried on the service and it was enjoyed by everyone that was present.

The sick at this report: Sister Alice Cardwell, Dec. Hobert Daniel and Deacon Otha Eames and Sister Helen Morgan.

The Trying Gospel Singers of Lynchburg, Va. and Mr. Paul Gardner will render a service Sun., July 6, at 3 p.m. Regular service will be at 11:30 a.m. on Sunday, July 6. Everyone is welcome to come and hear the true gospel.

Lynchburg Art Club to sponsor Art Festival

The Lynchburg Art Club, Inc. will sponsor the Third Annual Lynchburg Art Festival to be held Sept. 20 from 10 a.m. to 6 p.m. on the grounds of E. C. Glass High School.

As during the past two years, the highly successful show and sale of paintings and other art works will be co-sponsored by Fidelity National Bank. It will also be a part of the city-wide Kleidoscope Festival being planned for Lynchburg.

The exhibition is open to any artist 18 years or older in Virginia and out-of-state. Categories include painting, drawing, graphics, mixed media, sculpture, and photography. Brochures giving details of entrance requirements will go out to artists, art galleries and elsewhere in July.

Special events planned are an exhibit for high school students, another for grades nine through [illegible] refreshments and [illegible] younger children provided on the [illegible] day.

Mrs. Glenn [illegible] chairman of the [illegible] assisted by Mrs. [illegible]

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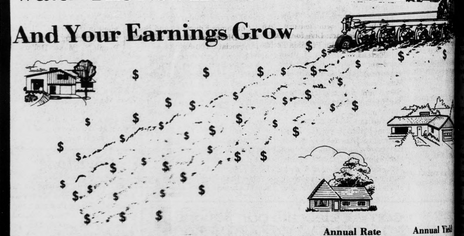

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6 Year	$1,000 Minimum Deposit	7.75%	8.17%

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Friday, July 4, 1975
at 9 a.m.
(Rain Date - July 5, 1975)

31 Classes

1. Model Horses, 2. Model Ponies, 3. Yearling halter, 4. Lead Line, 5. Pony Warm-up, 6. Hunter Horse Warm-Up, 7. Western Pleasure Ponies, 8. Western Pleasure Horses, 9. Working Hunter ponies, 10. Working Hunter Horses, 11. Western Equitation, 12. Western Equitation, 13. Hunter Pony Under Saddle, 14. Hunter Horse Under Saddle, 15. English Go-As-You Please Ponies, 16. English Go-As-You Please Horses, 17. Costume Class, 18. Pairs Class, 19. English Equitation, 20. English Equitation, 21. 4-H Club Class, 22. English Pleasure ponies, 23. English Pleasure Horse, 24. Western Trail Ponies, 25. Western Trail Horses, 26. Barrel Race Ponies, 27. Barrel Race Horses, 28. Western Go-As-You-Please, 29. Western Go-As-You-Please Horses, 30. Flag Race Ponies, 31. Flag Race Horses.

Stalls available - fee $3.00 each. For stall reservation call L. W. Duty, Phone day 561-2147, Night 561-3979.

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for hog prices is nationally on June est as many sows being held for the same date a There were only many hogs held June 1 as a year

hog numbers are at they have been were started in

ng Feeder Cattle ing sold 2,695 average of $158.66. 1,133 steers and this sale.

ple are asking rghum. Generally yields better such as dry 1974 Virginia bushels per acre hum, but average are for corn. that corn was best soils and en planted on ds and at less times.

the Warsaw 3-1974 when corn sorghum were June showed 77 bushels and 88 bushels per

um generally will ith corn except in tions. Also grain some problems: o extensive bird ever some varieesistant by virtue acid content. The ed also retards ed germination head under wet his is a mixed then there will be g of grain or loss and the delayed will cause a nter plants the ng. Grain sorfy sufficiently to permit safe ore artificial heat eded to insure ty. Metal storage ed to store grain se of its shape

2 Dark Tobacco d up for the Dark gition Program. rease of 10 over we are still 8 al of 50.

Annual Virginia Industry Day will day, July 18. livestock produce p pool transportaart from the sion Office at 7:00 k forward to a

ip pastures and ion, particularly atures that you ble this fall. The ds to go on these mid-August. How y need phosphate d lime and these plied at the same e pastures that rates of nitrogen

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Mt. Shiloh Baptist Church Bible School Ends

The Mt. Shiloh Baptist, Spout Spring, Vacation Bible School closed on Thursday after a very exciting two weeks of Bible Study, music, arts and crafts.

On Wednesday the children were given a picnic on the center lawn. The children received certificates for the two weeks' course. On Friday morning they went on an educational tour to Norfolk where they visited Gen. McArthur's Memorial and Virginia Beach.

Mrs. Georgia Fleshman was the director of the school and Bible teacher. Mrs. Celestral Turner was music director and Mrs. Virginia Hicks and Mrs. Loretta Elliott were in charge of arts and crafts. Mrs. Margaret Ferguson was in charge of the lunch room. Mrs. Josephine Harvey and Mrs. Lillian Fleshman helped with the lunches.

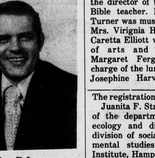
Group leaders were Mesdames Marzetta Hadnett, Gwen Turner, Mary Kidd, Sandra Hancock, Genester Hancock, Carolyn Hancock, Rosa Abbitt, Fannie Caloway, Sarah Harvey, Gail Tanner and Mrs. C. Jones. Kathy Burnes was secretary.

Those attending were Rosa Abbitt, Rosa Fitch, Juanita Fitch, Jean Hancock, Genester Hancock, Carolyn Hancock, Sandra Hancock, Tony Hancock, Jerry Hancock, David Hancock, Verna Fleshman, Fleshman, Florence Fleshman, Nadine Fleshman, Ralph Fleshman, Tony Watts, Sidney Watts, Leverna Watts, Sebrana Watts, Theresa Watts, Patricia Bennett, Tryrone Bennett, Donald Jones, Dawn Jones, Carolyn Harvey, Kathy Harvey, Kathy Burnes and Fannie Caloway.

Also, Mary Kidd, Herbert McIver, Sonja Austin, Gail Tanner, Gwen Turner, Tamera Turner, Debra Kelso, Andrew Kelso, Mark Kelso, David Kelso, Laquetta Robinson, Marlene Watkins, Leon Watkins, Pam Watkins, Sandra Watkins, Veronica Watkins, Kenneth Watkins, Anthony Watkins, William Henry, Denise Williams, Clarence Wheeler, William Steeples, Machelle Steeples, Stephen Lipford, Ronnie Hodnett, Marzetta Hodnett, Gary Scruggs, Ron Scruggs, Todd Scruggs, John Scruggs, Wayne McCoy, Mark McCoy, Hilda Elliott, Charlene Reed and Lisa Watkins.

Some of the children had gone home when the photographer arrived to take the picture.

Juanita F. Strawn



William E. Lavery

Family Resource Conference

The fifth statewide Family Resources Conference at Virginia Tech in Blacksburg Tuesday through Thursday, July 22-24, will feature "An Economic Fact: Live for Less".

Sponsored by Virginia Tech's Extension Division in cooperation with the Virginia Extension Homemakers Council, the three-day conference is for groups and individuals desiring to improve family life, the communities where they live, and the organizations in which they participate.

Deadline for registering for the conference is Thursday, July 10. Registration forms are available now at the Appomattox County Extension Office.

The registration fee is $5.00.

Juanita F. Strawn, chairman of the department of human ecology and director of the division of social and environmental studies at Hampton Institute, Hampton, will be the keynote speaker at the conference's opening session at 2 p.m. Tuesday, July 22, in the Donaldson Brown Center for Continuing Education on campus.

The speaker is president-elect of the Virginia Home Economics Education Association, a member of Gov. Mills E. Godwin's Committee on Consumer Education and Board of Directors of the Virginia Association on Aging.

Virginia Tech President William E. Lavery will be the banquet speaker at 6:30 p.m. Wednesday, July 23.

Lavery, who succeeded T. Marshall Hahn, Jr., in January of this year as president of Virginia's land-grant university, served from 1964 to 1966 as assistant to the administrator of the Federal Extension Service, serving as the administrator's representative in work with the nation's land-grant universities.

He has been at Tech since 1966, serving as director of administration for the Extension Division, vice president for finance, and executive vice president before being named the University's twelfth president.

Conference participants will have an opportunity to attend at least three workshops of their choice during the Family Resources Conference.

Titles of the eight workshops are "Food Buying Dilemma?", "Economic Policy in an Inflation - Recession," "Energy Management in the Home," "Impact of the Changing Economy on People," "Make Dollars Buy More," "Cash in on your Skills," "Lysistrata: The Mobilization of Community Resources," and "Life, Health and Automobile Insurance Needs for Today."

The theme and content of the conference have been planned by representatives of more than 10 statewide organizations.

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Tops News

By Barbara Mayberry

Recently, on the Mike Douglas show, Diahann Carroll flatly refused to eat a hot fudge sundae presented to her by a staff member! Diahann, popular television and movie star, had just revealed that she hasn't eaten a sundae in 15 years, even though she has a passion for the gooey treat. According to Diahann, she has to constantly battle well-meant, but unwise attempts to persuade her to eat foods that would only add unwanted pounds. Seeing Totie Field's amazement, Diahann explained to the plump commedienne that she has better things to do with her life!

All too often the unfortunate dieter has to face temptation in the form of an over-protective relative or friend. Such unthinking people believe they are only being helpful, but they are actually adding to the dieter's burden, overweight, with all the resultant physical and mental problems. Usually the tempter uses the phrase that "a little bit won't hurt." It can and does hurt.

Joke Taken From The Reader's Digest: Plump matron spooning up hot fudge sundae, to friend: "I'm counting calories. So far today I've had 7614."

Bobbie Jean Mullins opened the June 23 meeting, and led the members in a general discussion. Member Kathleen Garlick read an article on image eating for the dieter. While you are eating, simply imagine yourself in an ideal situation, something that you can only dream about while you are overweight. This may help prevent overeating. Why don't you give it a try?

Tops Spot'lite #1 is on Sandra Martin. In nine weeks, Sandra lost a total of eight pounds to reach her goal on June 23. TOPS is proud of Sandra, because it takes just as much effort on Sandra's part to lose eight pounds as it may take someone else to lose twenty or more pounds. Congratulations!

At the June 30 meeting, Leader Doris Nash presided. The first order of business was the election of a new Co-Leader. Bobbie Mullins won the election, and TOPS members look forward to working with her and know that she will do a fine job in her new office. Congratulations, Bobbie! In other business, Doris led the members in a discussion of the proposed revisions of the chapter's by-laws. Next week members will vote on these, and it is hoped that all members will be present for this important meeting.

Tops Spot'lite #2 is on Willie Reynolds, who reached her goal at the June 30 meeting. Willie, a very popular member, was a consistent loser, with only one gain since she joined; she lost a total of twenty-one pounds. Three cheers for Willie!

Tops Tip For the Week is to brown meats in soy sauce instead of fats. Besides adding far fewer calories, it also saves your money and improves flavor and appearance! While one tablespoon of margarine contains 100 calories and one tablespoon of corn oil contains 125 calories, one tablespoon of soy sauce has only 12 calories! (Cook at low heat.)

Tops meet this meeting will be held on July 7, with weigh-in beginning at 6:30 p.m. at the Plaza Farmer's National Bank.

Wins Trip To Myrtle Beach

In a "Summer Beach Promotion" sponsored by Radio Station WTTX, Appomattox, Mrs. Louise Shelton of Pamplin has been named winner of a two-night trip for two at the Cherokee Inn at Myrtle Beach, South Carolina.

Miss Pettia Bowling, left above, Joe Cussac, second from the right, and Ray Shepherd, right, all employees at WTTX stand by holding box of names while Henry Pack, Mayor of the Town of Appomattox, draws the winning name. Persons became eligible for the contest by simply registering at participating merchants.

Moses Host Breakfast

Mr. and Mrs. Charles Thomas Moses were hosts for a breakfast honoring the members of Mr. Moses' graduating class on Sunday morning, June 29. The class of 1940 held its reunion on Saturday evening with a dinner meeting at the Appomattox Middle School.

Guests enjoyed breakfast served on the lawn of the Moses home. Mr. and Mrs. Moses were assisted in caring for their guests by their daughters, Miss Janet Moses and Mrs. Linda Moses Mays.

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1971 Chevelle

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